

## Weekly Wellbeing Guide

### Issue #18

Welcome to issue 18 of the Weekly Wellbeing Guide.

**INSIDE OUT** is an innovative education charity created to improve the wellbeing of primary school children through our [5 Keys to Happiness](#). Our purpose is to inspire children to be happy, inside and out. You can find our 5 Keys poster to print out on the next page.

Below are some activities that you can do to help boost your child's wellbeing.

Have fun. Stay safe. Stay well.



#### KEY 1 / LOOK INSIDE

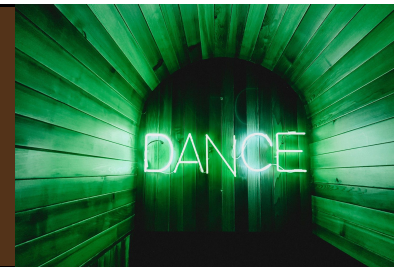
Mood Journals let you record how you're feeling and why. Ask an adult to help you set up an online journal [here](#).

If you'd prefer to write one by hand, you can print and decorate this [template](#).

#### KEY 2 / MOVE OUTSIDE

Bust out some moves, burn some energy and get your daily dose of dance with the [Kidz Bop](#) YouTube channel, a great way to get moving at home.

Join a live [Daily Dance Break](#) or learn the [Kidz Bop Shuffle](#)!



#### KEY 3 / SHARE MORE

Capture some memories and create a fun memento for your future self by making your very own [time capsule](#).

Make sure to include a photo of yourself so you can see how much you've grown!

#### KEY 4 / BE CURIOUS

Did you know that some birds can be recognised just by sound alone? Try it for yourself and watch this [video](#) to learn 15 different bird songs!

The next time you go outside, see how many birds you can identify.



#### KEY 5 / BE KIND

Being kind is important every day of the year so why not keep track of your kind acts this summer with this [calendar](#) from the British Red Cross.

Use some of our previous Guides for kindness ideas or check out [these](#) activities!

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



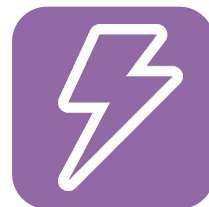
## 2 / MOVE OUTSIDE

Promote non-competitive  
outdoor exercise



## 3 / SHARE MORE

Encourage connection,  
teamwork and communication



## 4 / BE CURIOUS

Stimulate growth mindsets,  
exploration, experimentation  
and making



## 5 / BE KIND

Support an attitude of  
caring for oneself, others  
and the environment